SUGGESTED USE: 1 capsule taken 1 to 3 times daily preferably with meals or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. Avoid taking this product in conjunction with other dietary supplements which contain high levels of elemental chromium. This product is not intended for pregnant or nursing mothers or children under the age of 18. If you are diabetic, or have a known medical condition consult your physician prior to taking this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg. peanuts, tree nuts, fish and crustacean shellfish.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING STORE IN A COOL, DRY PLACE.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease

Manufactured for: Delray Beach, FL 33484 (800) 678-1770



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60 CAPSULES



Serving Size 1 Capsule Servings Per Container: 60

Amount Per Serving	%Daily Value	
Vitamin C (as ascorbic acid)	50 mg	56%
Vitamin E (as d-Alpha tocopheryl succinate)	10 mg	67%
Biotin	300 mcg	1000%
Magnesium (as magnesium oxide)	125 mg	30%
Zinc (as zinc oxide)	7.5 mg	68%
Manganese (as amino acid chelate)	1 mg	43%
Chromium (as amino acid chelate)	67 mcg	191%
Banaba Leaf (1% extract)	25 mg	
(Lagerstroemia speciosa)		
Guggul Resin (10% Extract)	50 mg	•
Bitter Melon Fruit 10:1 Extract	20 mg	*
Licorice Root Extract	50 mg	
Cinnamon Bark Powder (Cinnamomum cassia)	50 mg	•
Gymnema sylvestre Leaf Powder	50 mg	*
Yarrow Flowers Powder	25 mg	*
Cayenne Pepper Fruit Powder (40M HU/g)	10 mg	
Juniper Berry 4:1 Extract	6.25 mg	•
White Mulberry Leaf 5:1 Extract	5 mg	
Vanadium (as vanadyl sulfate)	200 mcg	*
Alpha Lipoic Acid	30 mg	*
Taurine	25 mg	,

*Daily Value not established

Other ingredients: Gelatin (bovine), microcryst cellulose, vegetable magnesium stearate, and silicon dioxide